

# 85hr Online Prenatal & Postnatal Yoga Course

Learn With Om Yoga International Prenatal and Postnatal Yoga Teacher Training Course



## Om Yoga International





## Om Yoga International

Tapovan, Rishikesh, Uttarakhand (India)

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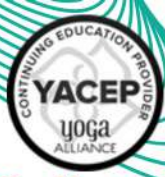
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WhatsApp business account



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## 30Days Online Courses Dates 2025-26

Start Date	End Dates	USD Fees	INR Fees
01st March 2025	30th March 2025	\$ 235 / 177	₹ 20,000 / 15,000
15th May 2025	13th June 2025	\$ 235	₹ 20,000
05th September 2025	04th October 2025	\$ 235	₹ 20,000
01st January 2026	30th January 2026	\$ 235	₹ 20,000

**EARLY BIRD DISCOUNT**

**25% OFF**

**Course Duration: 30Days**

**Timings: (IST)**

**10:00AM to 11:00AM Theory Class**

**04:00PM to 05:00PM Practical**

**Class**

# Online 85hours Prenatal & Postnatal Yoga Course

The Online Prenatal & Postnatal Yoga Training Course is a specialized comprehensive program designed for yoga teachers, doulas, fitness professionals, expecting mothers or anyone interested in supporting women through the physical and emotional changes of pregnancy and the postpartum period. This course covers the fundamentals of safe and effective yoga practices that equips participants with the skills to teach safe and effective yoga to pregnant and postpartum women. It includes techniques to support strength, flexibility, relaxation, and recovery, with a focus on both the mother's well-being and the baby's health.

Throughout the course, you'll learn how to modify traditional yoga poses, incorporate breathwork, and teach techniques that enhance well-being for both mother and baby. Topics also include common pregnancy discomforts, mental health support, and strategies for aiding postpartum recovery. Whether you're looking to deepen your existing yoga practice or expand your teaching skills, this course prepares you to offer nurturing, safe, and effective yoga sessions for this unique and transformative stage in a woman's life.

## Course Highlights:

Total Duration: 01month(30Days), 85hours;

Mode: Online ; Live Zoom Sessions (55hours) + Self-paced Learning(30hours);

Timings (Live Class): 02:00 – 04:30pm (Mon – Fri);

Pre-requisites: Should have completed 200hours / Some Prior Knowledge of Yoga;

Language: English & Hindi;

Styles of Yoga: Prenatal Yoga, Postnatal Yoga, Restorative Yoga;

**Total Fees: 20,000INR , 15,000INR / 235USD, 177USD**

Access: For 1 Year;

# Course Modules

## 1. Pregnancy Yoga Philosophy:

- Ancient Knowledge
- Pregnancy as a divine journey
- Guidelines for Pregnancy Yoga
- Benefits of Pre & Postnatal Yoga
- When to Start & Stop Practices?
- View of Pregnancy in Ancient Scriptures
- Diet for Pregnancy

## 2. Anatomy & Physiology: Science behind Pregnancy

- Anatomy of Female Pelvis
- Anatomy of Female Reproductive System
- Concept of Menstruation
- Physiological Changes in Pregnancy
- Understand Hormonal Changes and their Impact
- Anatomy of Male Reproductive System
- Explore Fetal Development Changes

## 3. Complications: Low to High Risks!!

- Pre-Conception Risks like PCOD, Endometriosis, etc..
- Potential Risks during Pregnancy & Labour
- Prolapsed Uterus, Irregular Menstrual Cycle
- IVF, IUI, Thyroid, Back Pain, Breech Baby
- Gestational Hypertension & Diabetes, Placenta Previa
- Early Detection & Their Prevention Measures

## 4. Garbh Samskara : The Science of Ayurveda

- Formation of Fetus (Garbha)
- Ayurvedic Eugenics (Bija Sanskara)
- Preparation in Pre-Conception Phase
- Diet in Pre-Conception, Antenatal & Postnatal
- Importance of Fetus Connection
- Antenatal & Postnatal Care
- Mode of Life to be Avoided

# Course Modules

## 5. Diet & Nutrition: In Pregnancy & Postpartum

- Importance of Diet in Pregnancy and Postnatal
- Understand what is Balanced Diet
- Learn how to Manage Cravings with Yoga
- Nutrition Tips in Pre-Conception
- Learn Diet for Different Trimesters of Pregnancy
- Diet for Breastfeeding and Recovery
- Promote Overall Health for Mother & Baby through Well-Planned Diet

## 6. Pregnancy Asanas: Physical Practices

- Sukshma Vyayama
- Modified Surya Namaksara
- Restorative Yoga
- Pre-conception Practices
- Modifications for Standing, Seated & Supine Poses
- Asanas for all 3 Trimesters
- Relaxative Asanas
- Learn Usage Of Props
- Practices for various Complications
- Asanas for Labour Preparation & Recovery
- Post-partum Practices

## 7. Pranayama : Breathing Practices

- Learn Physiology & Importance
- Sectional & Cleansing Breathing
- Nadi Shodhana & Bhamri
- Sitali & Sitkari
- Surya Bhedana & Chandra Bhedana
- Ujjai & Bhastrika
- Benefits & Contraindications
- Pre-conception Practices
- Post-partum Practices

## 8. 3Ms: Mantras, Meditations & Mudras

- Importance & Their Applications
- Yog Nidra, Baby Connection, Welcoming Baby Meditation
- Trataka, Breathing Awareness, Positive Affirmations
- Om Chanting, Chakras Meditation.
- Visualization, Body Scan Meditation
- Different Mantras for Mental Focus
- Specific Mudras



# Certificate of Completion

## OM YOGA INTERNATIONAL

HEREBY CERTIFIES

**Name of Trainee**



as a qualified

### PRENATAL YOGA INSTRUCTOR

for successfully completing 85hours Prenatal Yoga Teacher Training as per the standards set by Yoga Alliance, USA from.....Starting Date... to .....End Date.... organized by Om Yoga International, Rishikesh.

*Wishing you All the very Best for Future Endeavours!!!*

# Sample Copy



RYS Reg. No.: 240279

**Mr. Radhika Sharan**  
**Founder / Lead Trainer**  
[www.omyogainternational.com](http://www.omyogainternational.com)

# Course Batch Size

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The batch size is limited to 12 to 15 students to provide proper attention to every student in the batch. As our course gets full very soon, it is recommended to book your seats well in advance



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your home

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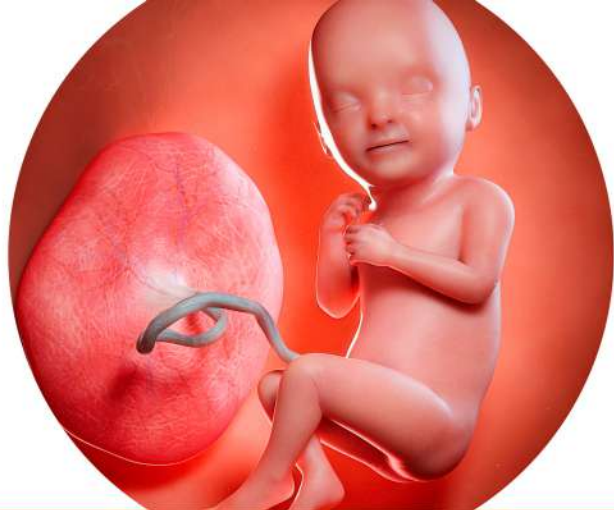
Well-trained and Experienced instructors.

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# Daily Schedule

Day  
1

## **Yoga Philosophy and Anatomy**

Orientation Session & Benefits of  
yoga during Pregnancy

## **Practical Class**

Joint movements



Day  
2

## **Yoga Philosophy and Anatomy**

Guidelines for Pregnancy Yoga Part-1

## **Practical Class**

Joint movements



Day  
3

## **Yoga Philosophy and Anatomy**

Guidelines for Pregnancy Yoga Part-2

## **Practical Class**

Surya Namaskar part-1 & 2





Day  
4

**Yoga Philosophy and Anatomy**

Pranayama Physiology

**Practical Class**

Pranayama Practical & Body Scan  
Meditation



Day  
5

**Yoga Philosophy and Anatomy**

Meditation & Different Types of Meditation

**Practical Class**

Surya Namaskar complete practice &  
Standing Asanas



Day  
6

**Yoga Philosophy and Anatomy**

Concept & Causes of Infertility

**Practical Class**

Standing Asanas





Day  
7

**Yoga Philosophy and Anatomy**

Causes & Concerns of Infertility

**Practical Class**

Standing Asanas



Day  
8

**Yoga Philosophy and Anatomy**

Meditations & Mudras for Infertility

**Practical Class**

Chakras Meditation for Infertility



Day  
9

**Yoga Philosophy and Anatomy**

Asanas Protocol for Infertility

**Practical Class**

Yog Nidra & Trataka

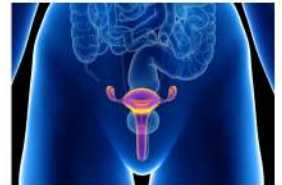




**Day 10** **Yoga Philosophy and Anatomy**  
Male Reproductive System  
**Practical Class**  
Yoga Session for Infertility



**Day 11** **Yoga Philosophy and Anatomy**  
Female reproductive System  
**Practical Class**  
Om Chanting and Chakras Meditation for  
Pregnancy



**Day 12** **Yoga Philosophy and Anatomy**  
Female Reproductive System contd., Hormonal  
Mechanism, Concept of Menstruation  
**Practical Class**  
Restorative Yoga for Menstrual Cycle





**Day  
14**

**Yoga Philosophy and Anatomy**

Changes in Body Systems upon getting Pregnant

**Practical Class**

Seated Asanas



**Day  
14**

**Yoga Philosophy and Anatomy**

Baby Connection Meditation & Changes in 1st trimesters

**Practical Class**

Seated Asanas



**Day  
15**

**Yoga Philosophy and Anatomy**

Changes in 2nd & 3rd Trimester

**Practical Class**

Seated Asanas





**Day** **Yoga Philosophy and Anatomy**  
Complications during Pregnancy  
**16** **Practical Class**  
Supine Asanas

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**Day** **Yoga Philosophy and Anatomy**  
Welcoming Baby Meditation &  
Complications during Pregnancy contd.  
**17** **Practical Class**  
Chair Asanas & Partner Yoga for Infertility &  
Pregnancy

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**Day** **Yoga Philosophy and Anatomy**  
Stages of Delivery & Role of Hormones  
during Delivery  
**18** **Practical Class**  
Prenatal Asanas Demo Session

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**Day  
19**

**Yoga Philosophy and Anatomy**

Postnatal Physiology & Discussion Session

**Practical Class**

Labour Preparation



**Day  
20**

**Yoga Philosophy and Anatomy**

Garbh Sanskara

**Practical Class**

Postnatal Asanas Demo Class



**Day  
21**

**Yoga Philosophy and Anatomy**

Garbh Sanskara

**Practical Class**

Lesson Planning





# Day 22

**Yoga Philosophy and Anatomy**  
Garbh Sanskara (Sutika Paricharya)  
**Practical Class**  
Lesson Planning





# Course Highlights

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## 1. Pregnancy Yoga Philosophy:

- Why Pregnancy is referred as divine journey?
- Guidelines for Pregnancy Yoga Practice
- Benefits of Practicing Yoga in Pre-Conception, Antenatal & Postnatal Time
- When to start & stop yoga practices during Pregnancy?
- Various Concerns for Conception View of Pregnancy in our Vedic Scriptures
- Diet for Pregnancy acc. To Yoga



## 1. Pregnancy Yoga Anatomy:

- Need of studying Prenatal Anatomy
  - Anatomy of Pelvic Floor
  - The organs and life cycle of The Female Reproductive System
  - Concept of Menstruation (4 phases)
  - Changes in Different Systems Upon Conceiving
  - Hormonal & Physical Changes in Mother in each trimester
  - Baby Changes & Growth in each trimester
  - Yoga Practices during each trimester
  - The Birthing Process (3-stages of Delivery)
  - Normal Delivery & C- section
  - Role of Different Hormones During Delivery
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# Course Highlights

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## 3. Infertility:



- Anatomical & Yogic Causes for Infertility
- Medical Support for Infertility
- Holistic Approach to Infertility
- Detoxifications (Shatkarmas & Panchkarmas) to cleanse the body & mind for both male and female
- Dietary Requirements & Remedies to boost fertility
- Lifestyle Improvements to promote health and well-being of both partners
- Asanas for vitality
- Holistic Approach in different phases of month: Menstrual, Follicular, Ovulation & Luteal Phase
- Pranayama to help balance and relax body and mind
- Mudras to promote reproductive health of both partners
- Different Meditation Techniques such as Breathing Awareness, Chakras Balancing, Ishwara Pranidhanani, Maitri Dhyana, Improving Bonding between both partners etc. that help increase resilience during this difficult journey
- Importance of Chanting to help in better sleep and relaxation

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## 4. GarbhSamskara:



- Formation of the Garbha (foetus)
  - Bija Sanskara (Ayurvedic Eugenics) – Physical & Mental Preparation of Couple for Pregnancy
  - Physical & Mental Detoxification Dietary Requirements in Pre-Conception Phase
  - Importance of Connecting with Foetus
  - Garbhini Paricharya (Antenatal Care)
  - Diet to be followed trimester wise
  - Mode of Life to be avoided
  - Sutika Paricharya (Postnatal Care)
  - Diet for Breastfeeding
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# Course Highlights

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## 5. Complications during Pregnancy:



- Irregular Menstrual Cycle
- PCOS
- Prolapsed Uterus
- Male / Female Infertility
- Endometriosis
- Thyroid Problems
- IVF and IUI
- Gestational Hypertension & Diabetes
- Placenta Previa,
- Breech Baby,
- Carpel Tunnel Syndrome
- Lower Back Pain,
- Breathlessness,
- And Many More. In these, we explain what are these complications, their causes and holistic approach to recover.

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## 6. Prenatal Asanas:



- In this session, you will learn how individual body differs in pregnancy and how to design the classes for your Prenatal:
  - Importance of breathing while doing asanas
  - Some common points to always remember before taking class
  - Suskhma Vyayama
  - Restorative Yoga
  - Surya Namaskara (for beginners & regular practitioners)
  - Standing, Seated, Kneeling & Supine Asanas (for beginners & regular practitioners)
  - Relaxing Poses
  - Usage & importance of props
  - Benefits & Contraindication for every asana
  - Knowing the points to keep in mind for any type of complications in Pregnancy
  - Asanas for Lower Back Pain & Strengthening lower part of body
  - Initiating the asanas practice for a beginner
  - Asanas Sequencing & Planning for normal & complicated pregnancy
  - Asanas for Labour Preparation
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# Course Highlights

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## 7. Prenatal Pranayama:



- Physiology and Importance of Pranayama practices
- Yogic Breathing
- Practice of Nadi Shodhan, Anulom Vilom, Ujjayi, Sheetal, Sheetkari & Bhramri Pranayama
- Different Breathing techniques for labour
- Contraindications for every Pranayama

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## 8. Meditation Practices:



- Breath Awareness,
  - Body Scan Meditation,
  - Yog Nidra,
  - Baby Connection Meditation
  - Visualization / Mindfulness,
  - Welcoming Baby Meditation,
  - Chakras Meditation,
  - Trataka (Candle Gazing),
  - Positive Affirmations,
  - Birth Meditation,
  - Mudras for Pregnancy.
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# Course Highlights

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## 9. Postnatal Care:

- Postnatal Physiology
- Postpartum Depression
- Initiating the yoga practice post delivery
- Yoga Practices after Normal Delivery
- Yoga Practices after C-Section
- Instant Relaxation Techniques
- Dietary Regimes in Postnatal Phase
- Cleansing Techniques for Body (Panchkarmas) Post Delivery
- Importance of Breastfeeding

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## 10. Teaching Methodology & Lesson Planning:



- Things to keep in mind when you begin your own teaching journey,
  - Qualities required to become a good Prenatal and Postnatal Yoga teacher,
  - Ethical guidelines for student- teacher relationship,
  - Learning how to plan & organize a lesson,
  - Time Management,
  - Learning to organize Prenatal & Postnatal classes together / separately,
  - Learning the importance of patience in Prenatal Classes.
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# Course Highlights

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## 11.Evaluation Criteria:

- Commitment and Punctuality for the course,
- Performance in every class,
- Prenatal & Postnatal case study,
- Practical test (25-30mins)

